



Vietnamese seafood salad

 Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g pack seafood mix cooked
- ☐ 300 g pack rice noodles cooked thin
- ☐ 300 g pack beansprouts cooked
- ☐ 3 carrots thinly sliced
- ☐ 1 bunch spring onion sliced
- ☐ 1 bunch mint leaves fresh
- ☐ 1 bunch coriander fresh
- ☐ 5 tbsp rice wine vinegar

- ☐ 1 tsp caster sugar
- ☐ 1 chilli red chopped
- ☐ 1 stick lemongrass sliced
- ☐ 1 tbsp soya sauce low sodium

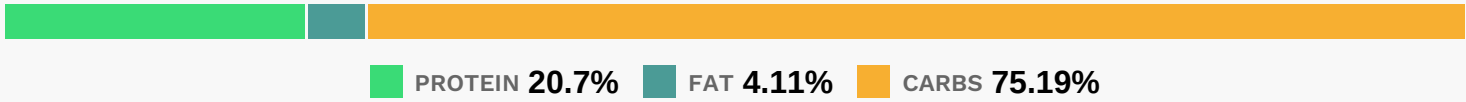
Equipment

- ☐ bowl

Directions

- ☐ To make the salad put all of the vegetables and seafood in a large bowl, reserving a few of the herbs for the top.
- ☐ Mix everything together, so that the seafood and noodles are combined. Make the dressing by mixing all of the ingredients, toss this through the salad, then divide between 5 deep bowls or pile on to a large platter and let everyone help themselves. Scatter the reserved herbs over the top to serve.

Nutrition Facts



Properties

Glycemic Index:66.78, Glycemic Load:30.54, Inflammation Score:-10, Nutrition Score:14.943043449651%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 332.98kcal (16.65%), Fat: 1.5g (2.31%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 58.18g (21.16%), Sugar: 5.76g (6.4%), Cholesterol: 0mg (0%), Sodium: 976.3mg (42.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.11%), Vitamin A: 6402.66IU (128.05%), Vitamin K: 40.79µg (38.84%), Manganese: 0.68mg (34.16%), Vitamin C: 24.68mg (29.91%), Phosphorus: 152.95mg (15.29%), Fiber: 3.78g (15.1%), Folate: 56.06µg (14.01%), Selenium: 9.66µg (13.8%), Copper: 0.19mg (9.7%), Potassium: 312.9mg (8.94%),

Iron: 1.6mg (8.9%), Vitamin B6: 0.17mg (8.59%), Magnesium: 32.44mg (8.11%), Vitamin B2: 0.13mg (7.88%), Vitamin B1: 0.11mg (7.15%), Zinc: 0.93mg (6.2%), Vitamin B3: 1.18mg (5.9%), Calcium: 42.22mg (4.22%), Vitamin B5: 0.4mg (4.04%), Vitamin E: 0.44mg (2.95%)